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This service is for general distribution of information and news to Sailors and Marines and their families, civilian employees, and retired members of the Navy and Marine Corps. Further dissemination of this message is encouraged.

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Headline: Medical Research Divers Support TWA Salvage Operations
Off the Coast of Long Island, NY--Nine divers, including one diving corpsman, from the Naval Medical Research Institute (NMRI), Bethesda, MD, arrived off the coast of Long Island, NY, early this week to assist with the TWA salvage operations.

The divers will be temporarily assigned to Mobile Diving Salvage Unit One, which is aboard USS GRAPPLE (ARS 53) and USS OAK HILL (LSD 51), the two Navy ships assisting with the recovery operation of the downed aircraft.

The divers will be on site until about 21 August when other NMRI divers will replace them if the salvage operation is still going on.

The team members are LCDR Christopher Griffith, HTCS Terry Mullin, HTC Byron Van Horn, BM1 Robert Hale, EN1 Anthony Ruopoli, HT2 Kenneth Willmoth, ICC Jay Barber, HM2 Thomas Robertson, and BM2 Paul Puglise.

By Doris Ryan, NMRI Public Affairs

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Headline: Dental Battalion Takes Care To Field

San Diego--For most people, finding time to go to the dentist is not a high priority, unless they are in pain. For recruits at the Marine Corps Depot in San Diego, seeing a dentist during their busy, drill-instructor directed day, has typically meant missing an important training element. The First Dental Battalion and Naval Dental Center San Diego have come up with a solution to make it a lot easier for recruits to see a dentist.

An innovative field dental facility, comprised of three self-contained, portable shelters draped with camouflage netting, now sits at the Edson Firing Range aboard Marine Corps Base Camp Pendleton, CA.

"The recruits spend a considerable amount of time at the range with weapons training," said CAPT Boyd Robinson, DC, executive officer of the First Dental Battalion. "When they're not actually firing, the recruits that have been identified as needing dental treatment will drop back to the dental facility," he explained. It's during the downtime that the recruits are seen at the dental facility.

"By bringing dentistry closer to those in the field, we not only make it more convenient for our customer, but also keep dental readiness high among the recruits," said Robinson.

The new facility uses only field dental equipment, so in addition to the clinical support provided to the recruits, there is the added benefit of hands-on training for dental battalion personnel with mobilization gear. LT Edie Rosenthal, Bureau of Medicine and Surgery

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Headline: Pilot Program Keeps Sailors Injury-Free

USS ENTERPRISE--"Oh, my aching back!" is being said a lot less aboard USS ENTERPRISE (CVN 65) these days, thanks to a pilot program designed to keep Sailors injury-free.

For the first time ever, the Navy assigned a physical therapist to a deploying ship. LT Lanny Boswell, MSC, reported aboard ENTERPRISE in June shortly before the carrier departed for a six month Mediterranean deployment.

The Navy initiated the pilot program to reduce some of the physical stress and strain injuries aboard ships. Boswell said most of the injuries seen in ENTERPRISE's Medical Department are of the musculo-skeletal variety. "This type of injury deals with muscles, tendons, bones, joints, ligaments or nerves-the same type of injuries athletes sustain," he said. "While these types of injuries aren't generally life-threatening, they do account for most of the light duty chits and lost man-hours."

"So far I've seen a lot of hurt knees and elbows, and strained backs," said Boswell. "It's like working for a football team. Ninety percent of the ship's Sailors and Marines are industrial athletes, which means they regularly

meet the same kinds of harsh physical demands as athletes through the course of their work."

Boswell said that a lot of the injuries he sees can be prevented. If a few Sailors keep getting similar injuries, Boswell watches the way they do their work and determines which actions are causing the injuries. He can then show them a better way to do their work.

One Sailor who's happy to have a physical therapist on board is a first class petty officer who suffered chronic pain from an old back injury. Boswell taught the Sailor stretching exercises to loosen up his back and stop the pain. The patient said he started feeling improvement almost immediately. "Not long after, I woke up without back pain for the first time in four years. That gives me hope that my back pain will eventually go away altogether," he said.

Boswell also teaches back injury prevention, exercise and weight control, and "work hardening." He said work hardening could be compared to training for an athletic event.

"You wouldn't run a marathon without training for it," he said. "By the same token, you wouldn't want to perform strenuous work without strengthening yourself first."

According to ENTERPRISE's Medical Officer, LT Pete Johnson, MC, Boswell's expertise has been invaluable.

"Having a physical therapist on board is a must," Johnson said. "I'd never want to go to sea without one again."

By USS ENTERPRISE Public Affairs

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Headline: San Diego Hospital Teams With McDonald's To Immunize Kids

San Diego--Naval Medical Center (NMC) San Diego will join forces with its on-site McDonald's to remind parents to "Immunize for Healthy Lives."

Throughout August, McDonald's will distribute leaflets and tray liners listing all the immunizations children need and the schedule for getting those inoculations, said NMC San Diego Pediatric Resident LT Beth Martin, MC.

"We're hoping this educational partnership between (NMC San Diego's) Department of Pediatrics and McDonald's will become an annual event," said Martin. "And August, the time for back to school immunizations, is the perfect time to remind parents of other vaccines recommended for their children."

National statistics indicate that nearly 25 percent of all American children under age two have never been immunized against life threatening, yet fully preventable, diseases. According to Martin, "In most cases, it's not because parents don't care about their children, they just need to be educated. Children need about 15 different vaccinations to give them the best start to a healthy life."

Martin also advises parents to check with their

pediatricians or health department regularly since new vaccines, such as Hepatitis B and chicken pox, are being developed.

By Pat Kelly, NMC San Diego Public Affairs

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Headline: Shock/Trauma Platoon Trains at Baltic Challenge 96

Camp Adazi, Latvia (NENS)--The first land exercise held in the Baltics between troops from Latvia, Lithuania, Estonia and the U.S. ended recently with leaders from each nation agreeing to continue the new partnership.

Training focused on military skills needed for peacekeeping, such as check point operations, land-mine awareness and convoy operations. Three hundred and fifty U.S. troops were involved in the exercise, including Navy Medical personnel.

Participating in the exercise was the Marine Corps' recently implemented Shock/Trauma Platoon of the Second Medical Battalion, from Camp Lejeune, NC. They were trained on three levels. Level One was for doctors, and focused on shock management, doctrine for providing and regulating echelons of care, and the function of the shock/trauma platoon. Level Two provided nurses with similar information, but added triage training. Level Three trained Marines and Soldiers on first aid and transportation of patients.

"The medical training went like clockwork," said CAPT Sterling Garnto, MSC, of U.S. Naval Forces Europe, who was the medical planner for the exercise. "The preparation and skill provided by the men and women from Camp Lejeune displayed ultimate professionalism."

By U.S. Naval Forces Europe Public Affairs

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Headline: Okinawa Hospital Cuts Ribbon on OB/GYN Renovation

Okinawa--U.S. Naval Hospital (USNH) Okinawa held a rededication and ribbon cutting ceremony for its newly renovated OB/GYN department recently.

"What we have done over the past several months is the first phase in improving health care for the women stationed on Okinawa and in the Western Pacific. This department provides approximately 85 percent of primary and specialized obstetrical and gynecological care to over 15,000 female beneficiaries," said LCDR Tracy Nelson, MC, the OB/GYN department head.

The improvements include renovating under-used spaces, converting them to clinic and office spaces, as well as a desperately needed patient waiting room. A new front office and an obstetrical treatment area was also added.

"All of the new changes to the OB/GYN Department have created a better working environment and a higher morale among the staff and patients," said HMC Karen Terrell, senior leading petty officer for the department, who was the

organizing force behind many of the changes.
By Debra L. Robinson, USNH Okinawa Public Affairs
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Headline: Seventh Fleet Band Plugs Hearing Protection
Yokosuka, JA--When two of the trombone players of the Seventh Fleet Band tried their new hearing protection recently, they were in perfect harmony: the new plugs were great! And, they don't distort the music.

"I can hear you!" said MU3 Clay Sattazahn.

"I can hear you, too," said MU3 Dave Natswray. "It's clear, like you just turned the volume down."

According to the trombonists and other members of the band, the older, rubber or foam plugs didn't fit well, distorted the sound and made it so "you can't hear anything."

The new plugs are designed specifically for musicians. LT Kelly Williams, MSC, occupational audiologist for U.S. Naval Hospital Yokosuka, JA, said the new plugs differ from the old ones because, "regular hearing protection focuses on high frequencies from industrial machinery or in engineering spaces on a ship, where the noise generated tends to be in the higher pitch range."

The new plugs use a frequency filter that reduces the noise equally for all frequencies.

Williams said that hearing protection is important for anyone who works in an area where the levels of noise are considered hazardous. That includes people who are exposed to high noise levels over extended periods of time or extremely high impact levels (such as gunfire) for even short periods of time.

By Bill Doughty, USNH Yokosuka, JA, Public Affairs
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Headline: New Workshops Planned for Leaders Conference
Washington, DC--Several new workshops have been added to the Surgeon General's Leaders Conference, which will be 26-29 August at the Crystal Gateway Marriott in Arlington, VA. These include "Annual Planning Process," "Family Advocacy Update," and "Applied Concepts of Demand Management."

An exceptional conference is anticipated.

For more information, check the Bureau of Medicine Home Page at <http://support1.med.navy.mil/bumed/> or call CDR Ed Robinson at 202-762-330, DSN 762-3300 or CDR Jennifer Town at 202-762-3040, DSN 762-3040.

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Headline: Pain Fellowship Applications Solicited
Portsmouth, VA--Naval Medical Center (NMC) Portsmouth, VA, an approved site for fellowship training in pain management, is looking for a few good applicants.

Applicants must be board certified Navy anesthesiologists who will have completed their

"utilization" tour prior to beginning this training. One fellow will be accepted each year.

The Pain Management Service at Portsmouth sees approximately ten thousand patients per year.

Selection for the fellowship will be at the annual Navy GME Selection Board in December. BUMEDNOTE 1524 has application guidance. For more information, contact Mrs. Cathy Resing, Naval School of Health Sciences, (301) 295-5818, DSN 295-5818.

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Headline: GEICO Accepting Community Service Award Nominees

The Government Employees Insurance Company (GEICO) accepting nominations to honor enlisted men and women in community service.

One enlisted member from each military service and selected Reserve component will be selected for outstanding contributions to the community in drug and alcohol abuse prevention, fire prevention and fire safety, and traffic safety and accident prevention.

Winners receive a cash award of \$2,500, a plaque, and recognition at a special dinner in their honor in Washington, DC. GEICO pays for lodging and travel to Washington for the winners and their spouses.

Nominations are due by 18 October. Navy point of contact is Ms. M. Brigham, Naval Safety Center, (757) 444-3520, Ext 7134, DSN 564-3520, ext. 7134.

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Headline: Annapolis Tapped For "Accreditation with Commendation"

Annapolis. MD--The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) has awarded Naval Medical Clinic (NMC) Annapolis "accreditation with commendation" as a result of their on-site inspection in March 1996.

NMC Annapolis received a score of 98 out of a possible 100.

This is the second "Accreditation with Commendation" for the Clinic under the Ambulatory Care Standards and the highest level of accreditation awarded by the Joint Commission.

"Receiving high marks from the JCAHO is really a testament to the hard work of the clinic staff who are extremely dedicated to doing the right thing and serving the customer better," said Eva Miller, a performance improvement coordinator at the clinic. Miller was instrumental in preparing for the JCAHO inspection.

NMC Annapolis serves 4,100 midshipmen and an additional 13,000 beneficiaries in the area who regularly use the clinic.

By Ann Kirby, Bureau of Medicine and Surgery

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Headline: TRICARE Question and Answers

Q: When will TRICARE be available in the Pacific region?

A. TRICARE is in early implementation stages in the Pacific. Only two of the three TRICARE options will be available in this region, TRICARE Prime and TRICARE Standard. Only active duty family members may enroll in Prime. Those who choose to enroll in Prime will have the same benefits offered by TRICARE Prime as in the United States with one difference -- the cost share will be waived for enrollees who obtain care from host nation health care providers. TRICARE Pacific is expected to be operational by the end of 1996.

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Headline: Healthwatch: Making Time for Fitness

You know that becoming physically fit can enhance the quality - and number - of the years ahead. But you can't seem to find enough time to make fitness work for you.

Making time for fitness means setting priorities, sneaking extra activities into daily routines and scheduling fitness time as you would other important events.

Making Fitness a Priority. Ask an expectant parent about the preferred gender of their baby-to-be. The typical answer? "It doesn't matter, as long as the baby is healthy." Health is the most precious quality we can wish for a newcomer into the world, and deciding to stay fit and healthy is our way of protecting that gift. You can become more fit by exercising just 20 to 30 minutes, three times a week. Isn't it worth your time to make fitness a priority?

Activating Your Daily Routine. Five minutes of extra movement here and there can add up to a more active lifestyle. To activate your daily routine, try some of these tips. Take the stairs when possible (or walk a few flights and then take the elevator), park your car at the far end of the parking lot, hand-deliver messages at work rather than picking up the telephone, and so on. With a little creativity, you'll find dozens of ways to increase your amount of movement in your daily routine.

Scheduling Time to Fitness. Schedule your fitness time as you would an important meeting. Many Navy and Marine Corps people have traded lunch for exercise at the gym. Why not mix business with pleasure? Take a brisk walk during your lunch hour, or, instead of a coffee break, try a stretch break. Rather than joining friends for drinks after work, get together for a game of softball, racquetball or a hike. Whatever you do, stick to that scheduled activity.

There's No Time Like the Present. There's every reason to do something good for your self by making fitness one of your daily priorities. By setting aside just 20 to 30 minutes, three times a week for vigorous activity, and by sneaking extra activity into your daily routines, you can become fitter, happier and more productive. Why not start right now?

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Feedback on stories, articles, questions, and suggestions are solicited. Help us make MEDNEWS better. Contact Jan Davis, Bureau of Medicine and Surgery, at nmc0jkd@bms200.med.navy.mil

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